

# LIVE FEELINGS

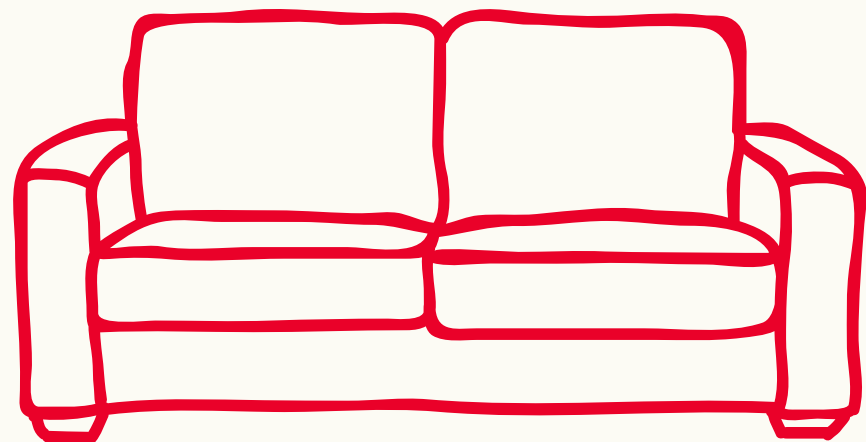
UN PROYECTO PARA  
CONECTAR EL CUERPO Y LA  
MENTE CON LAS EMOCIONES  
INDIVIDUALES Y COLECTIVAS  
GENERADAS EN UN AMBIENTE  
TEATRAL IN ENGLISH!



I AM ALIVE

I FEEL, I CREATE,  
I EXPRESS  
AND  
YOU DO THE SAME

# TEACHER TRAINING



This presentation is optimized for whiteboard use



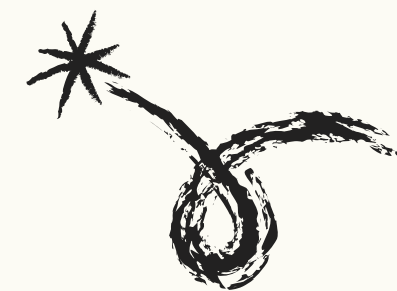


# AGENDA

**Tip:** If you want to use this resource in the classroom. Use links to go to a different page inside your presentation.

**How:** Highlight text, click on the link symbol on the toolbar, and select the page in your presentation you want to connect.

- ✧ Perception, Body & Mind
- ✧ On the sofa
- ✧ IKIGAI The palette of Being
- ✧ RESOURCES Yoga and Drama
- ✧ Creating a show
- ✧ My Self-Care Practices



# PERCEPTION BODY & MIND I

This vision board is designed to empower you to personally take ownership of your own perception regarding education tools and resources.

## DEFINITION OF PERCEPTION IN PSYCHOLOGY

The American Psychological Association (APA) defines perception as "the process or result of becoming aware of objects, relationships, and events by means of the senses, which includes such activities as recognizing, observing, and discriminating."

## Types of Perception

The types of perception are often separated by the different senses. This includes visual perception, scent perception, touch perception, sound perception, and taste perception. We perceive our environment using each of these, often simultaneously.

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There are also different types of perception psychology, including:

- Person perception refers to the ability to identify and use social cues about people and relationships.
- Social perception is how we perceive certain societies and can be affected by things such as stereotypes and generalisations.

Another type of perception is selective perception. This involves paying attention to some parts of our environment while ignoring others.

The different types of perception allow us to experience our environment and interact with it in ways that are both appropriate and meaningful.

## PERCEPTION PROCESS

1. Environmental stimulus
2. Attended stimulus
3. Image on the retina
4. Transduction
5. Neural processing
6. Perception
7. Recognition
8. Action



# PERCEPTION BODY & MIND II

## LEARN TO BREATHE & IMPROVE YOUR PERCEPTION

### WHAT IS THE YOGA SYSTEM?

Yoga is a complete science of life that originated in India many thousands of years ago. It is the oldest system of personal development in the world, encompassing in its scope, body, mind and spirit.

The physical body is perceived as a vehicle, with the mind as the driver, the soul as human's true identity, and action, emotion and intelligence as the three forces which pull the body-vehicle.

We will learn how to breathe and practise 2 exercises. this section will be written in Spanish for being highly important to understand its procedure.

If you are interested in more info.

**RESEARCH ABOUT PRANA, PRANAYAMA, PRATYAHARA, VAYUS, DYANA, DHARANA,**

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### RESPIRACIÓN YÓGUICA

Pasos para integrar la Respiración yóguica o completa

- Colocar una mano en el abdomen y otra sobre tórax y clavícula (esto nos permitirán notar el movimiento del aire en cada zona)
- Cerramos los ojos y realizamos tres respiraciones profundas antes de iniciar el ejercicio
- Comenzamos el ejercicio con una inspiración profunda, en tres momentos:
- Primero llevando el aire a la zona abdominal
- continuamos la inspiración, llenando de aire la zona costal y por último, llevamos el aire a la zona más alta, dirigiéndolo hacia los pulmones y clavícula
- Finalmente, retén el aire unos segundos- sin ejercer tensión-, realizando ahora la espiración, con el proceso inverso comienza expulsando el aire desde la zona alta (pulmones y clavícula) a continuación concéntrate mientras lo expulsas en la zona media costal y por último, termina de expulsarlo, desde la zona abdominal.

**PRÁCTICA: NADI SHODHANA Y SHANMUKHI MUDRA**





# IDEAS ON A SOFA

## Your vision starts within you!

Make sure that you bring out the best in you by first healing affirmative thoughts, brilliant ideas and positive feelings.

### WARM-UPS

**You-me:** Respond to the You depending on the attitude with Me. Love, guilty, sorrow, surprise...)

**Mirror:** Copy your partners actions, movements, gestures.

**Energy circle:** Increase or lower the gesture you are given

**Circle touch:** Someone is out the the circle touching in mates shoulders with different fingers.

**Find the differences:** In pairs facing each other they have to observe themselves. Then turn around and in 10 seconds make 5 changes in their physical appearance; turn around facing each other again and find out the changes.

**Walking around** the room, giving different instructions (1 clap: jumping; 2 claps: hands up; 3 claps: touch someone's ear)

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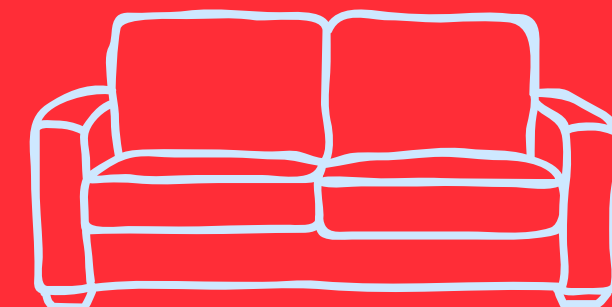
# CREATING SITUATIONS

**OBJECTS:** Randomly the participants will take objects from a box, some with the possibility of choosing, others not. From there they will be given a guideline with which to work and interact with other participants

**VISUALIZATION TECHNIQUES:** are all about generating a mental picture that helps you achieve your goals. In some cases, it serves as motivation, while in others it allows you to relieve your anxiety and increase your focus.

**SIMULATIONS AND ROLE PLAYS** are about creating a situation as close as reality as we can in a group dynamic in order to place participants in someone else shoes.

**MY FAVOURITE SONG** is an activity where participants will have to show with actions and through interpretation their feelings regarding their favourite song.





# GIVES YOUR LIFE WORTH, MEANING & PURPOSE.

1

**Ikigai** (ee-key-guy) is a Japanese concept that combines the terms *iki*, meaning "alive" or "life," and *gai*, meaning "benefit" or "worth."

2

**Flow** is a string of "best moments" or moments when we are at our best. These best moments

3

It is important to note that *ikigai* does not typically refer only to one's personal purpose and fulfillment in life, without regard to others or society at large.

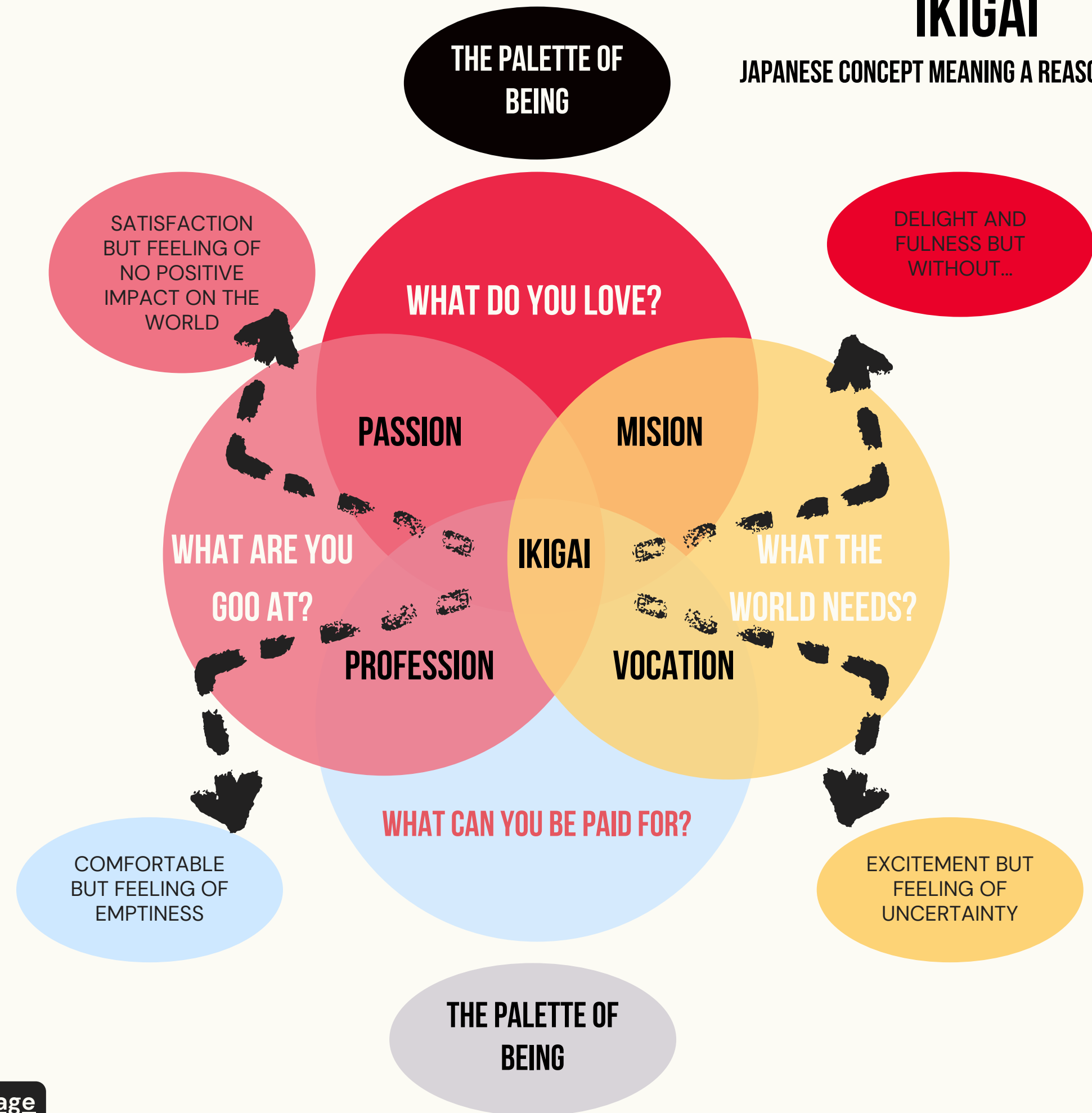
*"...embracing the joy of little things, being in the here and now, reflecting on past happy memories, and having a frame of mind that one can build a happy and active life."*

*Zen is very simple and this is why we find it so complicated. The important thing for students is to rediscover the true happiness of being.*  
Barbara Kosen (Zen master, 2017)

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# IKIGAI

JAPANESE CONCEPT MEANING A REASON FOR BEING



**ASANAS:** Salutation to the Sun; TADASANA, Moon Sequences; VIRABHADRASANA, PRASARANASANA, TRIKONASA. ADHO MUKHA SVANASANA, MARJARA KARANA.

**PRANAYAMAS:** Yoga Breathing, Fire Breathing and Anuloma Viloma: To create emotional and spiritual balance.

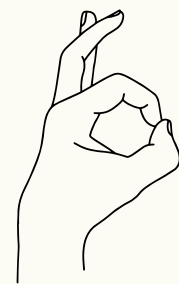
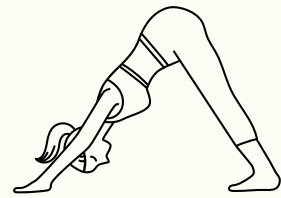
**MUDRAS & BANDHAS:** MUDRAS are believed to affect the flow of energy in the body. BANDHAS: The bandhas aim to lock the Pranas in particular areas and redirect their flow .

**PRATYAHARA:** "withdrawal of the senses", referring to anything we take in from the outside. As such, pratyahara can be understood as gaining control over or withdrawing from any external influences.

**TIP:** take care of what come from the inside (feelings and words) and be aware of what come from the outside (food and stimulus)

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# RESOURCES YOGA & DRAMA



THIS RESOURCES ARE MEANT TO FACILITATE TEACHERS NEW IDEAS AND METHODS TO APPROACH THEIR STUDENTS AS THE CONSIDER MAY APPLY.

Understanding these workshops as an active, cultural process embedded in human interaction.

Involving learners by living whatever there is to be learnt seems to be the crucial point in teaching. With self confidence, meaningful interaction and engagement.

The process of living is a long term one. Managing our feelings, emotions and thoughts improve the ground of whoever we will become.

LIVING LIFE  
TO THE  
FULLNEST

*"To live is the rarest thing in the world. Most people just exist."* – Oscar Wilde

**ICE BREAKER: Fake until you make it** Just as studies show the positive effects of smiling occur whether the smile is fake or real. The body can't distinguish between 'fake' laughter that you just start doing on purpose and 'real' laughter that comes from true humor.

**TEAM BUILDING and SCENE ACTIVITY: Find the Awkward element.** Participants will have to act out a scene with a hidden awkward element in the scene.

**CONFLICT RESOLUTION: You said, I heard** is a communication exercise. One team member starts by making a statement. Another teammate responds by giving their interpretation, in a "you said, I heard format.

**IDENTITY ON THE MOVE: 2 trues and 1 lie.** Are you the same? Did you become what you wanted as a child? How do you feel with yourself? Can you laugh at you?

**TIP:** "Tell me and I forget, teach me and I may remember, involve me and I learn"- Benjamin Franklin



# PROJECTING A SHOW

**Don't be afraid to envision your dream show!**  
Unleash your creativity -- list down the characters,  
topics, music, and production that you want  
for your students future show. Don't forget that having fun is  
a valuable learning process.

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# BUILDING SCENES

## SITUATIONAL COMEDY

### A GIVEN STRUCTURE

#### 1. INVENT A SHORT DIALOGUES for a Sitcom

Divide your students in small groups and ask them to create a short dialogue out of the key expressions and key words, if they are brave enough they could perform it in front of the rest of the class. Suggest them to use the sitcom structure.

#### 2. USE THIS SITCOM STRUCTURE

Establish (1)-----Build (2)-----Resolve (3)

**Establish:** The set up, tell us about the characters and the present situation they are going to get involved in.

**Build:** The problems, now we know who is involved, tell us about their problems and conflicts. How they tend to solve them. Introduce issues and make your protagonists overcome them.

**Resolve:** Wrap everything up nicely and maybe set up the beginning of a new one.



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## FINDING CONFLICT

### CONFLICT IS THE ESSENCE OF DRAMA

The effect of conflicts in drama is profound, and conflicts contribute to a great extent in making drama attractive for audience to watch. Conflict basically forwards drama, while in the meantime it leads to changes that attract audiences as it progresses through time.

By having conflicts which leads to changes, drama is forwarded along with the reactions from the audiences.

At the same time conflict forwards a play, conflict also shows character of the characters.

Along with showing character, conflict shows their realisations, and more, makes also the audiences to realise.



## SOFA SCENES TO GET INSPIRED





# MY SELF-CARE PRACTICES



It is important to be in one's best mindset when working on your life visions. To ensure that all aspects of your wellbeing is taken care of, make self-care practices part of your routine.

Use the following idea page to list down self-care practices that you wish to incorporate into your daily life.



**fm Write a Letter to the Future**  
 Write a letter to the future and read the public (but anonymous) letters...  
 futureme.org

**Write a self-care practice here.**  
 GOING TO THE TEMPLE TO MEDITATE

DREAM ABOUT KEEP TRAINING IN YOGA IN A CLOSE FUTURE.  
 TEACH YOGA TWICE A WEEK

RESEARCH ABOUT EXHIBITONS, FILMS, PLAYS AND TRY TO GO. KEEP MY CULTURAL LIFE ALIVE AT LEAST IN INTENTION



GO FOR A WALK IN THE NATURE OR LOOKING FOR MUSHROOMS IN THE WOODS

GO OUT ONCE A WEEK WITH MY MUM FRIENDS IN MY VILLAGE

DANCING TECHNO WITH MY CHILDREN AND MY HUSBAND



**THANK YOU VERY MUCH FOR YOUR PARTICIPATION  
I HOPE YOU HAVE SOME NICE FEELINGS FOR THESE TRAINING AND LOTS  
OF LAUGHTER!  
WE WILL KEEP WORKING ON THE WORKSHOPS**



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